

THE CULTURAL REVOLUTION

INITIATED BY

YOGI BHAJAN IN 1968

-- Krishna Singh Khalsa, 2015

KUNDALINI YOGA: Its Relationship and Promise for Human Reality

Kundalini Yoga is the root system for each of the 22 classic systems of yoga.

Dating back 26,000 years, the greatest repository for the ancient wisdom and knowledge of the primal human nature is held and maintained in this tradition of Kundalini understanding.

For many, many thousands of years elite oligarchies in India, China, Egypt, Greece, Rome (and other empires) have withheld authentic human knowledge as a dominating advantage over the masses of humanity. There were severe punishments for teaching Kundalini Yoga openly. At some point in history (perhaps it happened with the destruction of the Alexandrian Library), this authentic knowledge also disappeared from the understanding of power elites. Thus, in the not so distant past, leaders and slaves alike were thrown into the darkness and superstitions of the so-called Dark Ages. So now, 99.99% of humanity are lacking the knowledge and skills necessary for realizing the advancement and the birthright of human self-sovereignty within themselves.

INTRODUCTION (continued)

In our times, Yogi Bhajan was arguably the Rembrandt, Shakespeare, and Einstein of Kundalini Yoga. As a prime example of resistance to elite systems of power, Yogi Bhajan came to North America in 1968 in order to make these precious teachings of Kundalini Yoga openly available to every human being, regardless of race, caste, gender, personal ability (or disability), or spiritual background. Today we have recordings of more than 8,000 lectures and teachings that he gave. The Kundalini Yoga teachings of Yogi Bhajan are now being taught by an expanding, global body of more than 10,000 trained teachers throughout every inhabited continent on Earth. Such widespread access has not been openly available for at least the past 8,000 years of patriarchal dominance.

Kundalini Yoga is not a religion. It is a way of living in health, happiness and the sacredness of spirit that dwells deeply within each one of us in non-violent, active ways. **This is the generosity path of the Peaceful Warrior.** If divinity can't be realized in humanity, then there will be no divinity at all. And in their own self interests, nation-states will support the spread of these teachings if humanity is not to disappear.

10 SUBTLE BODY SYSTEM IN KUNDALINI YOGA

10 BODIES

1. SOUL BODY

2. NEGATIVE MIND

3. POSITIVE MIND

4. NEUTRAL MIND

5. THROAT/SPEECH

6. ARCLINE

7. AURIC BODY

8. PRANIC BODY

9. SUBTLE BODY

10. RADIANT BODY

11. ALL TEN BODIES

POWER

SELF-SOVEREIGNTY

INTUITION OF DANGER

SATISFACTION

EQUILIBRIUM OF SELF

AUTHENTIC EXPRESSION

POWER OF INTUITION

INTERFACE TO COSMOS

FEARLESS MIND

KNOWLEDGE OF
REALITY & UNREALITY

FIERCENESS OF WARRIOR

INTEGRATION:
SELF-PERFECTION

DOWNFALL

ANGER

LUST

GREED

ATTACHMENT

PRIDE

MYOPIA OF EGO

"JUST A HAT RACK"

PANIC & ANXIETY

DREAM, FANTASY &
CONFUSION

FEARFUL PASSIVITY

FRAGMENTATION
OF SELF

7 CHAKRA SYSTEM

ROOT CHAKRA

SEXUAL CHAKRA

NAVEL POINT

HEART CENTER

LANGUAGE CHAKRA

THIRD EYE

CROWN CHAKRA

DIAPHRAGM*

FORMLESS VEHICLE
OF MENTAL
INVESTIGATION*

PROJECTION OF SELF*

INTEGRITY OF
SELF-PERFECTION*

* NOT AVAILABLE IN 7 CHAKRA SYSTEM (I.E., "BATTERIES NOT INCLUDED")